## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	CDR	BREAKFAST. SM TICC [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	FE-5,FE-6	BREAKFAST
07:30-07:35	FE-5	ENERGY Diet Log of Breakfast
10:00-11:00	CDR	Physical Exercise (TVIS), Day 3
11:30-13:00	FE-6	Physical Exercise (ARED)
11:45-12:00	CDR	Private Family Conference (S+Ku-band)
13:00-14:00		LUNCH
14:00-14:40	CDR	СОЖ Maintenance. Water Supply System (CBO), Sanitary and Hygienic Equipment (СГО), Flush Counter (СП), and РОТОК Air Purification System Data Calldowns
14:00-14:05	FE-5	ENERGY Diet Log of Lunch
15:00-15:10	CDR	PAO USOS Hardware Prep
15:10-15:20	CDR	Crew Prep for PAO
15:20-15:30	CDR	<b>TV PAO</b> Greeting to the 11th grade students of Korolev High School No. 1 (S+Ku-band)
15:35-17:05	CDR	Physical Exercise (ARED)
16:05-17:05	FE-5	Physical Exercise T 2
16:35-16:50	FE-6	Private Family Conference (S+Ku-band)
17:05-18:35	FE-5	Physical Exercise (ARED)
17:40-18:40	FE-6	Physical Exercise T 2
18:35-19:10	FE-5	Evening Work Prep
18:40-19:15	FE-6	Evening Work Prep
18:45-19:15	CDR	Evening Work Prep
19:10-19:15	FE-5	ENERGY Diet Log of Dinner
19:15-19:30		Daily Planning Conference (S-band)
19:30-21:30	CDR,FE-6	Pre-sleep
19:30-20:20	FE-5	Pre-sleep
20:20-20:35	FE-5	Private Family Conference (S+Ku-band)
20:35-21:30	FE-5	Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		SEINER Ocean Observations

## Notes:

- 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
- 2. See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram